



HEALTH SCORE

75%

Lentil Stew with Ham and Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.5 cups baking potato chopped



2 bay leaves



0.5 teaspoon pepper black



14.5 ounce canned tomatoes diced drained canned



0.5 cup carrots chopped



1 teaspoon basil dried



1 cup lentils dried



0.5 teaspoon thyme leaves dried

- ☐ 5 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 1 cup ham smoked chopped
- ☐ 3 cups swiss chard chopped

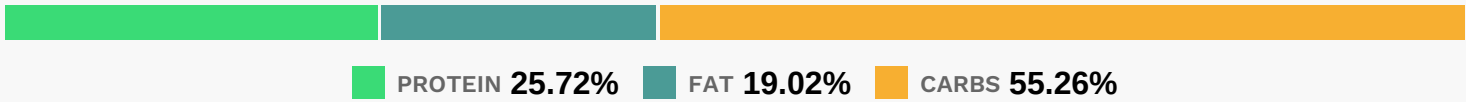
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Add broth, lentils, carrot, and bay leaves; bring to a boil. Partially cover, reduce heat, and simmer 20 minutes.
- ☐ Add Swiss chard, potato, and ham; bring to a boil. Reduce heat; simmer 15 minutes or until potato is tender. Stir in tomatoes, basil, thyme, and pepper; simmer 10 minutes. Discard bay leaves.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:63.04, Glycemic Load:12.16, Inflammation Score:-10, Nutrition Score:31.420869682146%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg,

Myricetin: 0.4mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 307.15kcal (15.36%), Fat: 6.73g (10.36%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 28.08g (10.21%), Sugar: 7.16g (7.95%), Cholesterol: 16.32mg (5.44%), Sodium: 1470.04mg (63.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.95%), Vitamin K: 150.69µg (143.51%), Vitamin A: 3626.49IU (72.53%), Fiber: 15.92g (63.66%), Folate: 244.27µg (61.07%), Manganese: 1.05mg (52.43%), Phosphorus: 352.85mg (35.28%), Vitamin B1: 0.49mg (32.74%), Iron: 5.86mg (32.56%), Vitamin C: 26.39mg (31.99%), Potassium: 1117.66mg (31.93%), Vitamin B6: 0.64mg (31.92%), Copper: 0.57mg (28.29%), Magnesium: 100.7mg (25.18%), Vitamin B3: 4.12mg (20.61%), Zinc: 3.05mg (20.33%), Vitamin E: 2.45mg (16.36%), Vitamin B5: 1.61mg (16.15%), Calcium: 143.68mg (14.37%), Vitamin B2: 0.24mg (14.01%), Selenium: 9.59µg (13.7%), Vitamin B12: 0.45µg (7.57%)